



Discounts

The following ***Fitness Clubs*** are offering discounted memberships to State of Michigan Employees. Show Your Employee ID Card for All Discounts.

Click [here](#) for info regarding future Fitness Club Discounts

Lansing Area:

(includes E. Lansing, Dewitt, Okemos)

- * Court One (thru Dec)
- * Go Work Out
- * M.A.C.
- * Powerhouse Gym
- * University Club

Kalamazoo & Portage:

- * Powerhouse
- * Family Fitness Center
- * Fit Zone for Women

Detroit:

- * YMCA

Marquette:

- * YMCA

How to Choose
An Exercise Facility

Saginaw:

- * Powerhouse Gym

Pedometer Discounts

Detroit Area

New Balance

- * Farmington Hills
- * Troy

Dick's Sporting Goods

- * Novi
- * Rochester Hills
- * Taylor
- * Troy
- * Utica
- * Westland

Some Sporting Goods Companies also offer discounts for other sporting goods products.

Lansing Area

Dick's Sporting Goods Playmakers

Saginaw

Dick's Sporting Goods

Statewide

or multiple locations

Dunham's Gander Mountain MC Sports



COURT ONE ATHLETIC CLUBS

For The *Personal Touch*

December Special!

Activate Your Membership for Only \$24
(That's a Savings of \$176)

Expires December 31, 2003

Court One offers Members and their Guests use of:

- Certified Personal Trainers
- Stairmasters
- Cardiovascular Equipment
- New Cybex Weight Training Stations
- Nautilus Weight Training Stations
- Magnum Fitness Equipment
- Precor Elliptical Machines
- Free Weights
- Aerobics (Floor, Water & Arthritis)
- Spinning Classes
- Tennis (Indoor & Outdoor)
- Gym (Basketball & Volleyball)
- Indoor & Outdoor Pools
- Saunas, Steam Room & Whirlpool
- Registered Dietician
- Massage Therapist
- Child Care
- Wellness Seminars & Individual Consulting

Omni Membership (includes full privileges)

Individual	\$63
Two in a Family	\$84
Entire Family	\$104

For a **FREE guest pass** to fitness & aerobic programs for a day, contact Nicole Brillantes. (This does not include the tennis center)



For Membership Information Contact:

Nicole Brillantes
Court One East
2291 Research Circle
Okemos, MI. 48864
(517) 349-1199

Ingrid Klarstrom
Court One North
1609 Lake Lansing Rd.
Lansing, MI. 48912
(517) 372-9531



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Go Work Out

517-321-3111

6135 W. Saginaw, Lansing

Membership for State of Michigan employees
showing their employee ID

1 Year Membership:

\$49.00 1st month + \$33.25 a month for 11 months

BENEFITS:

- month to month after 1st year
- NEVER raise rate
- 3 personal training sessions
- 1 nutritional assessment



1 Month Membership: \$69.00

3 Month Membership: \$169.00

Hours:

Open 4am Monday through 10pm Friday (24 hours)
Saturday and Sunday—8am until 8pm

Why Go Workout?

- Group Classes: aerobics, cardio kickboxing, pilates, yoga, body strength, *and coming soon* - spinning.
- Strength equipment: Largest free weight selection in the Lansing area. Hammer strength, Icarian, and Cybex strength training machines.
- Cardiovascular Equipment: Over 65 cardiovascular training machines: Treadmills, stairclimbers, step mills, Arc trainers, elliptical, rowing machines.
- Personal Training: All trainers are NASM (National Academy of Sports Medicine) certified. NASM is at the cutting edge of personal training with an emphasis on functional stability training.
- On-site babysitting: low cost babysitting for parents on the go.
- Tanning: stand-up tanning.
- Chiropractics and Sports massage: Dr. Kevin Laucher of Providence Family Chiropractic, and Kristi Stephens, Certified Athletic trainer and massage therapist, have offices in our facility.
- Apex Nutritional System: Takes the guesswork out of eating healthy. Designed by registered dieticians, Apex can assist you whether you need help in healthy fat-loss, muscle gain, or a combination of both. Guaranteed results or money back.

Most important: At "Go Work Out" we place an emphasis on helping our members achieve their personal fitness goals. We get to know each of our members, gain an understanding of their needs, and encourage them to ask questions to give them the necessary knowledge to attain their fitness goals.

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MEMBERSHIP/Corporate Rates for State of Michigan Employees

<http://www.themac.org/>

State of Michigan employees, who wish to purchase membership, may receive a discount on the “initiation fees” only in blocks of three or more memberships, and for a LIMITED TIME. **This “limited time” is for 3 months starting November 3rd, 2003 through January 30th, 2004.**

Applicants Must Show Employee ID Card:

3 to 4 Memberships.....	15% on the “initiation” fee
5 to 9 Memberships.....	25% on the “initiation” fee
10+ Memberships.....	30% on the “initiation” fee
20+ Memberships.....	40% on the “initiation” fee

“Initiation” Fee.....\$395.00

Primary Member Monthly Dues.....\$ 97.50

Associate Member Monthly Dues

First Associate.....\$ 40.00

Each Additional Associate.....\$ 19.00

Persons who pay an “initiation” fee and full monthly dues are classified as the Primary Member. Such members may add a spouse or dependent children who are members of their immediate household to their memberships as Associate Members. Brothers, sisters, cousin etc., may not be added as Associate Members. Rates are effective January 1, 2002.

If interested, please contact Carol Twiss at the State of Michigan Employee Health & Wellness Program @ (517) 335-0342 or

e-mail twissc@michigan.gov *Carol will have the first 20 applications for the M.A.C. membership, but will not collect or transport applications or monies for the membership fees. The goal is to create a system to enable employees to receive a “corporate membership” discount rate, and promote regular physical activity.*

Michigan Athletic Club (517) 337-0002

Club Hours:

Monday – Friday 5:30AM to 10:00PM

Saturday – Sunday 7:00AM to 9:00PM

<http://www.themac.org/>



DeWitt

12900 S US 27
517-669-7121

East Lansing

435 E. Grand River
517-324-0900

Kalamazoo

5434 Gull Rd.
269-388-3070

Saginaw

2865 Bay Road
Saginaw, MI 48603
989-799-7880

New!

Powerhouse Gym Membership for State of Michigan employees showing their employee ID cards:

- \$100 off yearly rate of \$399
= \$299/individual
- \$100 off yearly rate of \$399
= \$299/employee's spouse/or child
- \$184 off yearly rate of \$399
= \$215/for 3rd immediate family member
*Parent (s) must be a member.

"First" time (state employee) visitor may receive a 7-day "free" pass upon showing employee ID card.

"To try out" membership = \$199/6 months.

If want to continue membership:

\$100 more for the second 6 months
= \$299 total for the year.

Portage Family Fitness Center

5061 Constitution Blvd
269-329-9000

Show Your Employee ID Card

Portage Powerhouse Family Fitness Center and Fit Zone for Women will offer all State of Michigan employees a **25%** discount on all cash memberships and a free consultation with a certified *Level One* weight loss professional. In addition they will offer a **25%** discount on a *Level One* weight loss program. They will also waive the enrollment fee on the monthly dues program.

Portage Powerhouse members may participate in:

**Apex Fitness Weight Management
Wellness & Conditioning Programs**
www.apexfitness.com

"Apex Fitness Systems offer a five-step lifestyle approach that can help...employees change their body composition and improve their lives...through the application of:

- Proper nutrition
- Cardio respiratory exercise
- Dietary supplement awareness
- Continual guidance from Apex-certified professionals
- Resistance training

Fit Zone for Women

New & owned by Powerhouse of Portage
545 N. Drake, Kalamazoo, MI
269-349-2500

SEE Portage Powerhouse info for discounts

Powerhouse Gym of Saginaw is pleased to offer State of Michigan employees discounted membership fee privileges:

Any State employee presenting a State ID card will automatically qualify for a \$299 per year paid-in-full membership, a **nearly 15% discount** off our standard membership fees.

- ◇ \$10 ID Card fee
- ◇ \$299/year payable by cash, check, or credit card
- ◇ or \$29/month payable by *EFT or credit card

Further, should a group of 5 or more employees choose to join the program from any individual location, we will offer them our **corporate plan discount** which makes each membership \$244 per year paid-in-full, a **30% discount**.

- ◇ \$10 ID Card fee
- ◇ \$244/year payable by cash, check, or credit card
- ◇ or \$25/month payable by *EFT or credit card

- *Automatic payment plans are available at a \$5 per month incremental cost.
- Membership discounts apply to prevailing membership fees.
- Spouses and/or immediate family members pay a \$199/year paid-in-full fee(s).

Offering the area's longest hours of operation:

Mon - Thu	5 AM - Midnight	Sat	8AM - 8PM
Fri	5 AM - 10 PM	Sun	8AM - 6PM

EQUIPMENT

- Tri-Cities' largest assortment of programmable, variable speed and resistance cardiovascular equipment including treadmills, elliptical trainers, total body elliptical trainers, and upright and recumbent bikes
- Wide variety of selectorized (pin-loaded) and plate-loaded strength training equipment

PROGRAMS

- **New member fitness assessment**, exercise program development, and equipment orientation
- **Group Exercise**: Low Impact Aerobics, Step Aerobics, Kick Aerobics, Resistance Aerobics, Boxing/Self-Defense Classes
- **Centurion Club**: Rewards development of habitual exercise through recognition and awards for 100+ club visits in any 12 month period
- **Elite Club**: Rewards setting and achieving personal health and fitness goals through recognition and awards for reaching any personal objective requiring more than 12 weeks to achieve

SERVICES

- Personal Training (nutritional planning, exercise program design, activity-specific performance enhancement, athletic performance center)
- Therapeutic Massage
- Kids Care Center

Custom Fit



Experience personal fitness at its best.

Delivering a level of expertise and luxury not available at any other Club in mid-Michigan, the University Club Fitness Center & Spa welcomes adults to a state-of-the-art haven of wellness.

Put yourself at the Center of attention.
Call (517) 353-5113.



*U*NIVERSITY
Club
FITNESS CENTER & SPA

More than you might imagine,
for less than you might expect.

www.universityclubofmsu.org

Experience personal fitness at its best...

The University Club of Michigan State University has a special offer for State of Michigan employees. From **October 1, 2003** through **January 30, 2004**, receive half off our Community Social and Fitness Membership initiation fees! That's a savings of \$600!

Social membership includes dining privileges at our elegant dining facilities, reciprocal memberships at over 250 clubs around the world, a concierge service, special rates at the adjacent Candlewood Suites and on-site childcare.

Fitness membership includes full-use of our upscale adults-only Fitness Center & Spa, featuring state-of-the-art equipment, group exercise classes, personal training, spa treatments, and luxurious lounge with steam sauna, dry sauna and whirlpool.

Come see how we offer more than you might imagine for less than you might expect!

Health & Safety Products Discount Info

If you are enrolled in BCBS PPO or BCN,
see BlueSafe for information on in-store discounts
on health & safety products at MC Sports,
Wright & Filippis, and Dunham's.



Nutritional Products Discount Info

Blues Members click [here](#)

Care Choices Members click
[here](#)

\$5.00 Off

A Purchase of \$25 Or More
At GNC Retail Locations

GNC

All Others: Check your insurance carrier for
nutritional product discounts.

Looking for A Weight Management Program Discount?

Check to see whether your
insurance carrier offers one.

BCBSM PPO

BCN

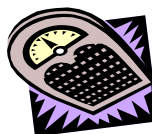
Care Choices

HAP

OmniCare

PHP (Mid MI)

Priority Health



Check with your insurance carrier for other health-related discounts